



Gold Medal Schools

Physical Activity Conversion Chart



Only miles/activities completed during school hours may be counted on www.utahwalks.org.

Physical Activity	Time equal to 1 mile or 2000 steps	Physical Activity	Time equal to 1 mile or 2000 steps
Aerobics: high impact	11 minutes	Rowing	20 minutes
Aerobics: low impact	16 minutes	Running, Jogging, Walking	1 mile
Baseball	60 minutes	Skateboarding	30 minutes
Basketball	20 minutes	Skating	20 minutes
Bicycling	1 mile	Skiing (cross-country)	10 minutes
Catch (baseball, football, etc)	60 minutes	Skiing (downhill)	15 minutes
Cooking	90 minutes	Soccer	10 minutes
Dancing	15 minutes	Softball	60 minutes
Football	15 minutes	Stationary bike: light	16 minutes
Gardening	60 minutes	Stationary bike: moderate	11 minutes
Golf (walking)	60 minutes	Stationary bike: vigorous	8 minutes
Jogging, Running, Walking	1 mile	Stretching	60 minutes
Jumping rope	12 minutes	Swimming (recreational)	30 minutes
Racquetball	30 minutes	Swimming laps: light/moderate	10 minutes
Raking Leaves	35 minutes	Swimming laps: vigorous	8 minutes
Relay Races	20 minutes	Tennis	10 minutes
Resistance training (weights)	27 minutes	Trampoline	45 minutes
Rock Climbing (climbing wall)	15 minutes	Volleyball	60 minutes
Roller-Blading	15 minutes	Walking, Jogging, Running	1 mile
Roller-Skating	20 minutes	Water aerobics	30 minutes